



OUR MISSION:

STEADY FOR LIFE, a non-profit 501(c)(3) program, is dedicated to:
Providing an Environment for Life Balance to Nurture Confident Healthy Aging in Body, Mind and Spirit



Kim Davis, Director
(256) 213-1976
Kim.SteadyforLife@gmail.com

Check out our website for schedules, photos, news about our trips, activities and events which are open to the community.

www.steadyforlife.org



Fees: For classes that meet 2 times per week, the monthly charge is \$24.

For classes that meet 3 times per week, the monthly charge is \$30.

Classes are held at the following locations:

Steady for Life Main

7900 Bailey Cove Road Ste. F • Huntsville

First Baptist Church of Meridianville

175 Monroe Road • Meridianville, AL

All Saints Lutheran Church

12100 Bailey Cove Road SE • Huntsville

Big Cove Presbyterian Church

145 Camp Ground Road • Brownsboro

Monte Sano United Methodist Church

601 Monte Sano Blvd. SE • Huntsville

Mt. Zion Baptist Church

228 Mt. Zion Road • Huntsville

Holmes St. United Methodist Church

501 Holmes Avenue NE • Huntsville

Valley United Methodist

1410 Drake Avenue SE • Huntsville

Monrovia Church of Christ

595 Nance Road • Madison

Locust Grove Baptist Church

171 County Lake Rd • New Market



Bringing Balance to Your Life!



OUR CLASSES ARE DESIGNED TO

- Improve strength & balance
- Increase flexibility
- Diminish the risk of falling
- Promote confidence in graceful aging
- Nurture body, mind & spirit



Steady for Life balance classes enjoy fellowship beyond class time with picnics, parties, trips, luncheons, seminars, game days, service projects, plays and movies. Come join the fun. - Kim Davis, Director



OUR CLASSES

BALANCED BODY I

1

Key balance exercises are introduced. Emphasis on body awareness including inner ear and vision; ankle, leg and hip strength; coordination and flexibility. This class is appropriate for those using walkers and canes as well as those with compromised balance due to medical issues.



BALANCED BODY II

2

Improve your balance with targeted techniques designed to get you moving more. Increase your strength and stamina with Therabands, light weights, and other creative tools that address vital muscle groups. This class is ideal for those that are moderately active and like to have fun while exercising! Each class ends with gentle stretch and relaxation.

LOW IMPACT ZUMBA

4

This class is Exercise in Disguise! It's a party as we dance to Latin music, oldies, and pop songs. No pressure - all fun - just keep dancing like nobody's watching! We will stretch, get a work out, and make new friends. No experience necessary - just a willingness to enjoy life.

BALANCED BODY III

3

Designed for those who want to maintain good balance. This class emphasizes balance in motion using low impact aerobics combined with coordinated movement and strength training. Balance and stability will be challenged using more difficult techniques, and each class ends with a focus on gentle stretching. Brain exercises are incorporated throughout the session to improve balance, reflexes, focus and cognition.

REV IT UP! BALANCE

5

For those who have good balance and want to do the things necessary to keep from becoming balance compromised, REV, our most advanced class was created to utilize higher impact aerobics, games, circuits and strength building techniques. REV is a fun class set to music, designed to improve overall health.



BEGINNERS & INTERMEDIATE YOGA

6

YOGA FOR BEGINNERS is truly for everyone. We respect and care for our bodies within our individual physical limitations. Our instructor cues for those wishing to use a chair or a mat.

INTERMEDIATE YOGA is designed for experienced yoga students. Emphasis on deeper stretching and flexibility, proper breathing techniques, and exploring poses and transitions. Students can expect a more progressive approach than the beginner's yoga practice.

AT STEADY FOR LIFE...

...you will find a friendly and caring staff. All of our instructors study to be on the cutting edge of fall prevention and senior fitness. Various trainings include: American Council on Exercise, Arthritis Foundation, YogaFit, National Association of Sports Medicine, and ABLE Bodies.

Either seated or standing, we practice different modules each week to strengthen the core, spine, internal organs and the energy systems of the body.

We enjoy coming and speaking to your group, and even hosting a complimentary balance class. Please call Kim Davis, 256-213-1976 and schedule your visit....to our place or yours!



Julie Barnett
Balance & Fitness
Instructor



Jill Chadwick
Balance & Fitness
Instructor



Brenda Cowan
Balance & Fitness
Instructor



Sara Dull
Balance & Fitness
Instructor



Amy Farnsworth
Balance & Fitness
Instructor



Beth Flatt
Balance & Fitness
Instructor



Helen Ford
Balance & Fitness
Instructor



Chris Irrgang
Balance & Fitness
Instructor



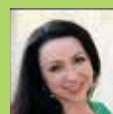
Serena Sage
Balance & Fitness
Instructor



Jing Qian
Balance & Fitness
Instructor



Debra Wade
Balance & Fitness
Instructor



Paula Williams
Assistant Director &
Lead Instructor